



Nutritional Guide

Analysis is based on a standard recipe which may include condiments and side dishes. Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation.

We have attempted to provide as complete nutrition analysis as possible.

The analysis is comprised of data from our suppliers, the US Dept. of Agriculture and the NutritionistPro nutrient analysis software from Axxya Systems in Stafford Texas. This information is not a substitute for laboratory analysis.

Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Bagels

Blueberry	1 item	113	290	1.5	0	0	0	59	2	11	12	480	0	0	6	10
Cinnamon Raisin	1 item	113	310	2	0	0	0	63	3	7	11	370	2	2	2	25
Onion	1 item	113	290	0	2	0	0	57	3	6	11	510	0	2	10	40
Plain	1 item	113	290	2	0	0	0	57	3	6	11	510	0	2	10	40
Poppy seed	1 item	113	290	2	0	0	0	57	3	6	11	510	0	2	10	40
Sesame	1 item	113	290	2	0	0	0	57	3	6	11	510	0	2	10	40
Cream Cheese Add-on	2 T.	29	100	10	6	0	30	<1	0	0	2	85	8	0	2	2

Biscotti

Almond	1 piece	58	220	8	2.5	0	65	31	<1	14	5	280	2	0	4	10
Cinnamon Hazelnut	1 piece	58	220	8	2.5	0	65	31	<1	14	5	280	2	2	4	10
Lemon Anise	1 piece	80	310	9	4	0	80	50	0	26	5	470	2	2	4	10
Orange Walnut	1 piece	58	220	8	2.5	0	65	31	0	13	5	360	2	2	6	10

Miscellaneous

Cinnamon Rolls	1 item		280	9	4.5	0.5	15	51	<1	46	<1	75	6	0	2	2
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Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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Muffins

** contains trans fat*

Apple Cinnamon Raisin	1 item	164	430	10	5	0	35	83	2	48	5	510	0	2	6	15
Banana Nut	1 item	165	480	18	6	0	40	74	1	38	7	550	0	4	6	15
Banana Oatmeal Spice	1 item	194	550	19	10	0	60	85	2	42	9	610	6	4	10	20
Black & White *	1 item	201	600	28	14	3	95	80	2	53	9	580	10	0	8	20
Black Forest*	1 item	185	500	16	5	2.5	15	85	2	53	5	500	0	0	4	20
Blueberry	1 item	164	430	115	8	0	45	70	<1	38	5	510	4	6	6	15
Bran*	1 item	162	440	15	3.5	4	10	72	3	33	7	720	0	0	4	15
Cappucino Chocolate Chip	1 item	171	550	21	12	0	50	87	1	52	7	560	2	0	8	15
Carrot Raisin Oat Bran*	1 item	179	470	14	3.5	4	10	83	4	42	8	670	30	2	6	15
Chocolate Chip	1 item	187	610	25	14	0	50	96	2	59	7	570	2	0	6	20
Corn	1 item	176	470	14	2.5	0.5	85	81	0	32	69	1010	0	0	8	20
Lemon Poopyseed	1 item	164	460	12	6	0	40	85	0	50	5	590	0	6	6	15
Linzer	1 item	175	510	18	6	0	40	81	2	45	7	580	0	2	6	20
Maple	1 item	160	500	17	9	0	55	81	0	47	5	610	4	0	6	15
Peanut Butter & Jelly	1 item	153	500	18	6	0	30	79	1	46	9	510	0	4	6	15
Raspberry	1 item	164	420	15	8	0	45	69	2	37	5	510	4	10	8	15
Toffee Apple Spice	1 item	152	480	17	9	0	40	75	<1	16	5	560	2	2	6	10
Low Fat Apple Cinnamon Raisin	1 item	147	350	2	0.5	0	0	81	2	48	5	540	0	2	2	15
Low Fat Banana	1 item	121	290	1.5	0	0	0	64	0	37	4	500	0	2	0	10
Low Fat Banana Oatmeal Spice	1 item	134	320	2.5	0.5	0	0	68	1	35	7	490	2	2	6	15
Low Fat Blueberry	1 item	194	350	2	0.5	0	5	79	1	45	5	560	4	6	4	10
Low Fat Raspberry	1 item	146	300	2	0	0	0	67	2	37	5	530	2	10	2	10



Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Scones

Blueberry	1 scone	135	600	26	5	10	35	83	2	37	7	580	25	0	8	15
Cinnamon	1 scone	135	620	30	8	10	35	80	2	37	7	580	25	0	4	15
Cranberry/orange	1 scone	134	600	26	5	10	40	85	3	39	7	600	25	0	2	15

Turnovers

Apple	1 turn-over	223	620	31	9	8	10	80	5	47	5	280	2	0	6	10
Blueberry	1 turn-over	226	620	31	9	8	10	79	2	41	5	300	2	0	4	10
Cherry	1 turn-over	219	620	31	9	8	10	79	<1	42	5	280	2	0	4	10
Mixed Nut	1 turn-over	167	840	66	12	8	40	51	5	17	14	370	8	0	15	20
Peach	1 turn-over	221	600	31	9	8	10	77	<1	46	5	270	2	6	4	10



Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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Bars*

* Bars contain trans fat																
Black Forest Bar	1 item	217	680	34	15	3.5	55	94	4	31	6	250	8	0	6	15
Caramel Nut Bar	1 item	135	510	25	4.5	3.5	20	68	3	12	7	250	2	0	6	15
Cheerios Bar	1 item	134	570	18	6	1.5	<5	94	4	57	4	470	20	10	15	45
Crispy Cereal Treats	1 item	147	580	17	6	1.5	15	104	<1	50	4	640	25	15	2	15
Fudge Cheese Cake Bar	1 item	139	490	26	9	5	50	61	<1	34	6	280	8	0	8	10
Peanut Butter Revel Bar	1 item	130	530	29	6	5	0	62	2	31	8	290	0	0	6	10
Triple Fudge Bar	1 item	129	460	20	7	3.5	19	71	4	13	5	210	0	0	6	15

Brownies

Coconutty Chocolate Chip	1 piece	196	780	41	18	0	15	103	7	74	9	440	4	2	4	30
Cream Cheese	1 piece	163	550	22	11	0	50	84	3	62	8	480	8	0	2	25
Mocha Chip	1 piece	134	480	26	12	0	15	63	4	48	5	230	4	0	2	20
Raspberry Cream Cheese	1 piece	234	800	22	10	0	25	147	4	116	7	540	8	6	2	25



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Cookie

Brownie	1 cookie	116	440	14	6	0	45	75	3	54	6	400	2	0	0	20
Chocolate Chip	1 cookie	140	600	29	17	0	130	82	1	53	7	660	10	0	6	15
Double Chocolate Chip Biscotti	1 cookie	62	220	7	3.5	0	65	36	2	17	5	360	2	0	6	10
Holiday Sugar	1 cookie	124	510	23	13	0	70	70	0	42	6	880	10	0	6	15
Oatmeal Raisin	1 cookie	136	600	28	16	0	100	84	2	52	6	510	15	2	8	15
Peanut Butter	1 cookie	131	590	30	13	0	85	72	2	46	10	960	8	0	6	15
Peanut Butter Extreme	1 cookie	136	630	33	15	0	70	73	2	50	11	880	6	0	8	15
Rainbow Sugar	1 cookie	131	570	26	14	0	125	79	0	52	6	630	10	0	8	15
Sugar	1 cookie	124	510	23	13	0	70	70	0	42	6	880	10	0	6	15
White Chocolate Macadamia	1 cookie	119	560	32	15	0	110	62	<1	39	7	560	8	0	8	10

Pound Cake

Banana Walnut	1 slice	153	550	27	6	7	70	70	1	44	7	340	0	4	6	15
Cappucino	1 slice	122	440	23	8	6	65	57	1	36	5	290	2	0	4	10
Chocolate Chip	1 slice	139	520	27	10	7	75	67	1	43	6	350	2	0	6	15
Lemon Poppyseed	1 slice	123	420	20	5	7	70	57	0	34	5	340	0	4	4	10
Orange Cranberry	1 slice	126	420	17	4	6	60	63	<1	42	4	290	0	8	4	10
Plain	1 slice	118	420	20	5	7	70	55	0	33	5	340	0	0	04	10



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Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Beverages

Whole Milk	1/2 pint	140	8	4.5		25	11	0	13	8	95	6	0	30	0
Whole Milk	pint	280	16	9		50	22	0	26	16	190	10	0	60	0

Espresso

<i>Include toppings as specified in the recipe</i>															
<i>Plain Silk® soymilk used</i>															
Americano	12oz	10	0	0	0	0	2	0	0	0	5	0	0	2	0
Americano	16oz	15	0	0	0	0	3	0	0	0	10	0	0	2	0
Americano	20oz	20	0	0	0	0	4	0	0	0	10	0	0	2	0
Breve	12oz	280	24	15	0	80	10	0	0	6	85	15	4	20	2
Breve	16oz	360	31	19	0	100	14	0	0	8	110	20	4	30	2
Breve	20oz	440	38	24	0	120	17	0	<1	10	135	25	6	35	2
Cappuccino	12oz														
Skim		90	0	0	0	5	13	0	13	8	100	10	0	30	0
2%		130	5	3	0	20	12	0	12	8	100	10	2	30	0
Whole		150	8	4.5	0	25	12	0	13	8	100	6	0	30	0
Soy		110	4	0.5	0	0	9	1	6	7	120	10	0	30	6



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Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Espresso

<i>Include toppings as</i>															
<i>Plain Silk® soymilk used</i>															
Cappucino	16oz														
Skim		110	0	0	0	5	17	0	16	10	130	10	0	40	2
2%		160	6	4	0	25	16	0	15	10	125	10	2	35	2
Whole		190	10	6	0	30	16	0	16	10	120	6	0	35	2
Soy		140	5	0.5	0	0	12	1	8	9	150	15	0	40	8
Cappucino	20oz														
Skim		140	0	0	0	5	21	0	19	12	150	15	0	45	2
2%		200	7	4.5	0	30	20	0	19	12	150	15	2	45	2
Whole		240	12	7	0	35	20	0	19	12	150	8	0	40	2
Soy		170	6	1	0	0	15	2	9	11	180	15	0	45	10
Caramel Latte	12oz														
Skim		180	1.5	1	0	10	33	0	29	9	260	10	0	35	0
2%		220	6	4	0	25	32	0	29	9	260	10	2	30	0
Whole		250	9	5	0	30	32	0	30	9	260	6	0	30	0
Soy		200	6	1	0	5	29	1	23	8	280	10	0	35	6



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Espresso

<i>Include toppings as specified in the recipe</i> <i>Plain Silk® soymilk used</i>															
Caramel Latte	16oz														
Skim		260	2.5	1	0	10	47	0	41	11	370	15	0	45	2
2%		300	8	5	0	30	46	0	41	11	360	15	2	40	2
Whole		340	12	7	0	35	45	0	41	11	360	8	0	40	2
Soy		280	7	1.5	0	5	41	1	33	10	390	15	0	40	8
Caramel Latte	20oz														
Skim		320	3	1.5	0	15	61	0	52	14	470	20	0	50	2
2%		390	10	6	0	35	59	0	52	14	470	15	2	50	2
Whole		420	15	8	0	45	59	0	53	13	470	10	0	50	2
Soy		350	9	2	0	5	54	2	42	12	500	20	0	50	10
Con Panna	1oz	25	1.5	1	0	5	2	0	<1	0	10	2	0	2	0
Con Panna	2oz	30	1.5	1	0	5	3	0	<1	0	10	2	0	2	0
Con Panna	3oz	35	1.5	1	0	5	4	0	<1	0	10	2	0	2	0
Espresso Double Shot	1 shot	10	0	0	0	0	2	0	0	0	0	0	0	0	0
Espresso Single Shot	1 shot	5	0	0	0	0	1	0	0	0	0	0	0	0	0
Espresso Triple Shot	1 shot	15	0	0	0	0	3	0	0	0	0	0	0	0	0

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Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Espresso															
<i>Include toppings as specified in the recipe</i>															
<i>Plain Silk® soymilk used</i>															
White Hot Chocolate, skim	12oz	330	7	4.5	0	25	52	0	49	14	210	15	0	50	2
2%		370	13	8	0	40	51	0	49	14	210	10	2	50	2
Whole		400	16	9	0	45	51	0	50	14	200	8	0	45	2
Soy		340	12	5	0	20	47	2	42	13	230	15	0	50	8
White Hot Chocolate, skim	16oz	400	9	5	0	25	65	0	61	17	250	15	0	60	2
2%		440	14	9	0	45	64	0	61	17	250	15	2	60	2
Whole		470	18	11	0	50	63	0	62	16	240	8	0	60	2
Soy		410	13	6	0	20	59	2	53	15	270	15	0	60	10
White Hot Chocolate, skim	20oz	430	9	5	0	30	69	0	66	20	290	20	0	70	2
2%		490	16	10	0	50	68	0	66	20	280	15	2	70	2
Whole		530	20	12	0	60	67	0	67	19	280	10	0	70	2
Soy		450	15	6	0	20	62	2	56	18	320	20	0	70	10
Latte	12oz														
Skim		90	0	0	0	5	13	0	13	8	100	10	0	30	0
2%		130	5	3	0	20	12	0	12	8	100	10	2	30	0
Whole		150	8	4.5	0	25	12	0	13	8	100	6	0	30	0
Soy		110	4	0.5	0	0	9	1	6	7	120	10	0	30	6



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Espresso

<i>Include toppings as specified in the recipe</i> <i>Plain Silk® soymilk used</i>															
Latte	16oz														
Skim		110	0	0	0	5	17	0	16	10	130	10	0	40	2
2%		160	6	4	0	25	16	0	15	10	130	10	2	35	2
Whole		190	10	6	0	30	16	0	16	10	120	6	0	35	2
Soy		140	5	0.5	0	0	12	1	8	9	150	15	0	40	8
Latte	20oz														
Skim		140	0	0	0	10	21	0	19	12	150	15	0	45	2
2%		200	7	4.5	0	30	20	0	19	12	150	15	2	45	2
Whole		240	12	7	0	35	20	0	19	12	150	8	0	40	2
Soy		170	6	1	0	0	15	2	9	11	180	15	0	45	10
Macchiato	1oz														
Skim		10	0	0	0	0	2	0	<1	<1	5	2	0	2	0
2%		15	0	0	0	0	2	0	<1	<1	5	2	0	2	0
Whole		15	0.5	0	0	0	2	0	<1	<1	5	0	0	2	0
Soy		10	0.5	0	0	0	2	0	0	0	5	2	0	2	0



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Espresso

<i>Include toppings as specified in the recipe</i> <i>Plain Silk® soymilk used</i>															
Macchiato	2oz														
Skim		15	0	0	0	0	3	0	<1	<1	5	2	0	2	0
2%		20	0	0	0	0	3	0	<1	<1	5	2	0	2	0
Whole		20	0.5	0	0	0	3	0	<1	<1	5	0	0	2	0
Soy		20	0.5	0	0	0	3	0	0	0	5	2	0	2	0
Macchiato	3oz														
Skim		20	0	0	0	0	4	0	<1	<1	5	2	0	2	0
2%		25	0	0	0	0	4	0	<1	<1	5	2	0	2	0
Whole		25	0.5	0	0	0	4	0	<1	<1	5	0	0	2	0
Soy		20	0.5	0	0	0	4	0	0	0	5	2	0	2	0
Mocha	12oz														
Skim		200	4.5	2.5	0	15	32	2	26	10	135	10	0	30	6
2%		240	9	6	0	30	31	2	26	9	135	10	2	30	6
Whole		260	12	7	0	35	31	2	27	9	130	8	0	30	6
Soy		220	8	3	0	10	27	3	20	8	150	10	0	30	10



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Espresso

Include toppings as specified in the recipe Plain Silk® soymilk used															
Mocha	16oz														
Skim		260	5	3	0	15	44	2	36	12	170	15	0	40	8
2%		300	11	7	0	35	43	2	35	12	170	15	2	35	8
Whole		340	15	8	0	40	42	2	36	12	165	8	0	35	8
Soy		280	10	3.5	0	10	39	4	28	10	190	15	0	40	15
Mocha	20oz														
Skim		320	6	3	0	20	56	3	45	14	200	15	0	45	10
2%		380	12	8	0	40	55	3	45	14	200	15	2	45	10
Whole		420	17	10	0	45	55	3	46	14	200	10	0	45	10
Soy		350	11	4	0	10	50	5	36	13	230	15	0	45	20



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Hot Drinks

<i>Plain Silk® soymilk used</i>															
Chai Tea, skim	12oz	170	0	0	0	5	34	0	32	9	120	10	0	40	4
2%		220	5	3.5	0	20	33	0	32	9	110	10	2	40	4
Whole		250	9	5	0	25	32	0	32	9	110	6	0	40	4
Soy		190	4.5	0.5	0	0	29	1	25	8	140	10	0	40	10
Chai Tea, skim	16oz	220	0.5	0	0	5	42	0	40	11	140	15	0	50	6
2%		270	7	4	0	25	41	0	40	11	140	15	2	50	6
Whole		300	11	6	0	35	40	0	40	11	140	8	0	50	6
Soy		240	6	0.5	0	0	36	1	31	10	170	15	0	50	15
Chai Tea, skim	20oz	240	0.5	0	0	10	45	0	43	13	170	15	0	60	6
2%		300	8	5	0	30	44	0	43	13	160	15	2	60	6
Whole		340	13	7	0	40	43	0	43	13	160	8	0	60	6
Soy		260	7	1	0	0	38	2	32	11	200	15	0	60	15



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Hot Drinks

Plain Silk® soymilk used															
Coffee w/ Flavor Shot, caramel	12oz	200	3	1.5	0	5	41	0	35	2	340	4	0	8	0
Coffee w/ Flavor Shot	16oz	270	4	2	0	10	54	0	46	3	450	4	0	10	0
Coffee w/ Flavor Shot	20oz	400	6	3	0	15	81	0	69	4	670	6	0	15	0
Hot Chocolate, skim	12oz	240	5	3	0	15	40	2	34	11	160	15	0	35	8
2%		280	10	6	0	30	39	2	34	11	150	10	2	35	8
Whole		300	14	8	0	40	39	2	35	11	150	8	0	30	8
Soy		260	9	3.5	0	10	36	4	27	10	180	15	0	35	15
Hot Chocolate, skim	16oz	330	6	3.5	0	15	60	4	50	13	190	15	0	40	15
2%		370	11	7	0	35	59	4	49	13	180	15	2	40	15
Whole		400	15	9	0	40	58	4	50	12	180	8	0	35	15
Soy		350	10	3.5	0	10	54	5	41	11	210	15	0	40	20



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Hot Drinks

Plain Silk® soymilk used															
Hot Chocolate, skim	20oz	400	6	3.5	0	20	75	5	62	16	240	20	0	50	15
2%		460	14	8	0	40	73	5	62	16	230	15	2	50	15
Whole		500	19	11	0	50	73	5	63	16	230	10	0	45	15
Soy		430	12	4	0	10	68	7	51	14	260	20	0	50	25
Hot Tea	12oz	5	0	0	0	0	1	0	0	0	10	0	0	0	0
Hot Tea	16oz	5	0	0	0	0	1	0	0	0	15	0	0	0	2
Hot Tea	20oz	5	0	0	0	0	2	0	0	0	15	0	0	0	2
House Blend, black	12oz	5	0	0	0	0	0	0	0	0	5	0	0	2	0
House Blend, black	16oz	5	0	0	0	0	0	0	0	<1	10	0	0	2	0
House Blend, black	20oz	5	0	0	0	0	0	0	0	<1	10	0	0	2	0
House Decaf, black	12oz	0	0	0	0	0	0	0	0	0	10	0	0	2	2
House Decaf, black	16oz	0	0	0	0	0	0	0	0	<1	10	0	0	2	2



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Hot Drinks

<i>Plain Silk® soymilk used</i>															
House Decaf, black	20oz	0	0	0	0	0	0	0	0	<1	10	0	0	2	2
Steamer, skim	12oz	150	0	0	0	5	28	0	28	9	115	10	0	35	0
2%		190	5	3.5	0	20	28	0	28	9	115	10	2	30	0
Whole		220	9	5	0	28	27	0	27	9	110	6	0	30	0
Soy		170	4.5	0.5	0	0	24	1	21	8	140	10	0	35	8
Steamer, skim	16oz	190	0.5	0	0	5	35	0	35	11	140	15	0	40	2
2%		240	7	4	0	25	34	0	34	11	135	15	2	40	2
Whole		270	11	6	0	35	33	0	33	11	135	8	0	40	2
Soy		200	6	0.5	0	0	29	1	26	10	170	15	0	40	8
Steamer, skim	20oz	280	0.5	0	0	10	56	0	56	13	170	15	0	50	2
2%		340	8	5	0	30	55	0	55	13	160	15	2	45	2
Whole		380	13	7	0	40	54	0	54	13	160	8	0	45	2
Soy		300	7	1	0	0	49	2	46	11	200	15	0	50	10



Nutrient Amounts

[illegible]

Hot Drinks

[illegible]



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced Coffee, black	12oz	0	0	0	0	0	0	0	0	0	10	0	0	2	0
Iced Coffee, black	16oz	5	0	0	0	0	0	0	0	0	15	0	0	2	0
Iced Coffee, black	20oz	5	0	0	0	0	0	0	0	0	15	0	0	2	0
Iced Caramel Latte, skim	12oz	170	1	1	0	10	31	0	28	8	260	10	0	30	0
2%		200	6	3.5	0	20	31	0	28	8	250	10	2	30	0
Whole		230	8	4.5	0	25	30	0	28	8	250	6	0	30	0
Soy		190	5	1	0	0	28	<1	22	7	270	10	0	30	6
Iced Caramel Latte, skim	16oz	240	2.5	1	0	10	44	0	38	9	350	10	0	35	0
2%		270	7	4	0	25	43	0	37	9	350	10	2	35	0
Whole		300	10	6	0	30	43	0	38	9	340	8	0	35	0
Soy		250	6	1.5	0	5	39	1	31	8	370	10	0	35	6



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced Caramel Latte, skim	20oz	300	3	1.5	0	15	57	0	49	12	460	15	0	45	2
2%		360	9	5	0	30	57	0	49	12	450	15	2	40	2
Whole		390	13	7	0	35	56	0	50	11	450	10	0	40	2
Soy		330	8	2	0	5	52	1	41	10	480	15	0	45	8
Iced Caramel Mocha, skim	12oz	200	4.5	3	0	15	33	<1	28	7	210	10	0	25	4
2%		220	8	4.5	0	25	33	<1	28	6	210	10	2	20	4
Whole		240	10	6	0	30	32	<1	28	6	210	6	0	20	4
Soy		210	7	3	0	15	31	1	24	6	230	10	0	25	6
Iced Caramel Mocha, skim	16oz	260	5	3	0	20	45	1	36	8	270	10	0	30	4
2%		280	9	5	0	30	44	1	36	8	270	10	2	25	4
Whole		300	11	6	0	33	44	1	37	8	270	8	0	25	4
Soy		270	8	3	0	15	42	2	32	7	290	10	0	30	8



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced Caramel Mocha, skim	20oz	340	6	3.5	0	20	61	2	50	12	370	15	0	45	6
2%		390	12	7	0	40	60	2	50	12	370	15	2	40	6
Whole		420	16	9	0	45	59	2	50	12	360	10	0	40	6
Soy		360	11	4	0	15	55	3	42	11	39	15	0	45	10
Iced Chai Tea, skim	12oz	120	0	0	0	<5	26	0	24	4	55	6	0	25	4
2%		140	2.5	1.5	0	10	26	0	24	4	55	6	0	25	4
Whole		150	4	2.5	0	10	26	0	24	4	55	2	0	20	4
Soy		130	2	0	0	0	24	<1	21	4	65	6	0	25	8
Iced Chai Tea, skim	16oz	180	0	0	0	5	39	0	36	6	85	8	0	35	6
2%		210	3.5	2.5	0	15	39	0	36	6	80	8	2	35	6
Whole		230	6	3.5	0	20	38	0	37	6	80	4	0	35	6
Soy		200	3	0	0	0	36	<1	32	5	95	8	0	35	10



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced Chai Tea, skim	20oz	220	0	0	0	5	45	0	43	10	135	10	0	50	8
2%		270	6	4	0	25	44	0	42	10	135	10	2	50	8
Whole		300	10	6	0	30	44	0	43	10	130	6	0	45	8
Soy		250	5	0.5	0	0	40	1	35	9	160	15	0	50	15
Iced Coffee w/ Flavor Shot, black, caramel	12oz	200	3	1.5	0	5	41	0	35	2	330	4	0	6	0
Iced Coffee w/ Flavor Shot, black, caramel	16oz	260	4	2	0	10	54	0	46	2	440	4	0	8	0
Iced Coffee w/ Flavor Shot, black, caramel	20oz	390	6	3	15	81	0	69	3	3	670	6	0	15	0
Iced Decaf Coffee, black	12oz	0	0	0	0	0	0	0	0	0	5	0	0	0	2
Iced Decaf Coffee, black	16oz	0	0	0	0	0	0	0	0	0	5	0	0	2	2
Iced Decaf Coffee, black	20oz	0	0	0	0	0	0	0	0	0	5	0	0	2	2



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced Latte, skim	12oz	80	0	0	0	5	12	0	11	7	95	10	0	25	0
2%		110	4	2.5	0	15	11	0	11	7	90	8	10	25	0
Whole		130	7	4	0	20	11	0	11	7	90	4	0	25	0
Soy		90	3.5	0	0	0	8	<1	5	6	110	10	0	25	6
Iced Latte, skim	16oz	110	0	0	0	5	17	0	16	10	135	10	0	40	2
2%		160	6	4	0	25	16	0	15	10	130	10	2	35	2
Whole		190	10	6	0	30	16	0	16	10	130	6	0	35	2
Soy		140	5	0.5	0	0	12	1	8	9	160	15	0	40	8
Iced Latte, skim	20oz	150	0	0	0	10	23	0	20	13	170	15	0	50	2
2%		210	8	5	0	32	22	0	20	13	170	15	2	45	2
Whole		250	13	7	0	40	21	0	21	13	170	8	0	45	2
Soy		180	7	1	0	0	16	2	10	11	200	15	0	50	10

Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced Mocha, skim	12oz	190	4.5	2.5	0	15	30	2	25	9	130	10	0	30	6
2%		220	8	5	0	25	29	2	25	8	125	10	2	25	6
Whole		240	11	7	0	30	29	2	25	8	125	6	0	25	6
Soy		200	8	3	0	10	26	3	19	7	140	10	0	30	10
Iced Mocha, skim	16oz	280	5	3	0	20	47	2	39	14	200	15	0	50	8
2%		330	12	7	0	40	46	2	39	14	200	15	2	45	8
Whole		370	17	10	0	45	45	2	39	13	200	10	0	45	8
Soy		300	11	3.5	0	10	41	4	29	12	230	15	0	45	15
Iced Mocha, skim	20oz	330	5	3	0	20	57	3	46	15	230	20	0	50	10
2%		390	13	8	0	40	56	3	46	15	220	15	2	50	10
Whole		430	18	10	0	50	55	3	47	15	220	10	0	45	10
Soy		360	12	3.5	0	10	51	5	36	13	250	20	0	50	20

Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced White Chocolate Mocha, skim	12oz	210	6	3.5	0	20	31	0	29	10	150	110	0	35	2
2%		240	10	6	0	30	30	0	29	10	150	10	2	35	2
Whole		270	12	7	0	35	30	0	29	10	145	6	0	35	2
Soy		230	9	3.5	0	15	27	<1	23	9	170	10	0	35	6
Iced White Chocolate Mocha, skim	16oz	310	7	4	0	25	48	0	45	16	240	15	0	60	2
2%		370	14	8	0	45	47	0	44	16	230	15	2	60	2
Whole		400	18	11	0	55	46	0	45	15	230	10	0	60	2
Soy		340	12	4.5	0	15	42	2	35	14	260	15	0	60	10
Iced White Chocolate Mocha, skim	20oz	380	8	4.5	0	25	59	0	54	19	270	20	0	70	2
2%		440	15	9	0	50	58	0	54	18	270	15	2	60	2
Whole		480	20	12	0	60	57	0	55	18	260	10	0	60	2
Soy		400	14	5	0	20	52	2	44	17	300	20	0	70	10



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Iced Drinks

Iced Blueberry Green Tea	12oz	60	0	0	0	0	15	0	14	0	10	0	0	2	0
Iced Blueberry Green Tea	16oz	80	0	0	0	0	20	0	19	0	15	0	0	2	0
Iced Blueberry Green Tea	20oz	100	0	0	0	0	25	0	23	0	15	0	0	2	0
Peach Chai	12oz	120	0	0	0	0	31	2	24	0	15	20	70	6	2
Peach Chai	16oz	160	0	0	0	0	40	3	30	0	20	30	100	6	4
Peach Chai	20oz	190	0	0	0	0	49	4	37	0	25	35	120	8	4
Raspberry Chai	12oz	120	0	0	0	0	30	2	23	0	10	0	70	6	4
Raspberry Chai	16oz	160	0	0	0	0	38	2	29	0	15	0	100	6	4
Raspberry Chai	20oz	190	0	0	0	0	47	2	36	0	20	0	120	8	6
Iced Tea	12oz	100	0	0	0	0	26	0	25	0	10	0	0	0	0
Iced Tea	16oz	150	0	0	0	0	39	0	38	0	15	0	0	2	0
Iced Tea	20oz	200	0	0	0	0	51	0	50	0	20	0	0	2	0
Wildberry Iced Tea	12oz	60	0	0	0	0	16	1	11	0	10	0	60	2	2
Wildberry Iced Tea	16oz	80	0	0	0	0	21	2	14	0	15	0	80	2	2
Wildberry Iced Tea	20oz	110	0	0	0	0	26	2	18	0	20	0	90	2	2



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Frozen Drinks

<i>Include toppings as specified in the recipe</i>															
Cherry Pie ala Mode	12oz	360	18	13	0	65	53	0	40	6	150	6	0	4	2
Cherry Pie ala Mode	16oz	460	22	16	0	80	69	0	52	7	190	6	0	4	2
Cherry Pie ala Mode	20oz	550	27	19	0	95	84	0	65	9	220	6	0	4	2
Frozen Blueberry Green Tea	12oz	110	0	0	0	0	28	0	26	0	10	0	0	2	0
Frozen Blueberry Green Tea	16oz	190	0	0	0	0	48	0	44	0	15	0	0	2	0
Frozen Blueberry Green Tea	20oz	210	0	0	0	0	53	0	49	0	15	0	0	2	0
Frozen Latte	12oz	150	7	4.5	0	15	21	<1	13	2	95	4	0	4	0
Frozen Latte	16oz	190	8	5	0	15	27	<1	17	2	115	4	0	4	0
Frozen Latte	20oz	220	9	6	0	15	34	<1	21	2	135	4	0	4	0
Frozen Mocha Cool Jazz Blast	12oz														
Dark		220	8	5	0	15	37	2	26	2	110	4	0	4	6
White		250	9	6	0	20	38	0	30	4	130	4	0	10	0



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Frozen Drinks

<i>Include toppings as specified in the recipe</i>															
Frozen Mocha Cool Jazz Blast	16oz														
Dark		290	9	6	0	15	51	2	36	3	140	4	0	4	8
White		330	11	7	0	20	53	<1	41	5	170	4	0	15	0
Frozen Mocha Cool Jazz Blast	20oz														
Dark		360	10	6	0	15	66	3	46	4	170	4	0	4	10
White		410	13	8	0	25	70	<1	53	7	210	4	0	20	0
Mudd Pie	12oz	350	14	6	0	20	51	<1	34	4	270	4	0	10	8
Mudd Pie	16oz	500	20	8	0	15	77	3	45	5	420	4	0	6	20
Mudd Pie	20oz	670	27	9	0	15	103	4	59	7	600	4	0	6	25
S'mores Mocha Smoothie	12oz	310	11	5	0	15	64	2	38	4	290	4	0	4	10
S'mores Mocha Smoothie	16oz	470	13	6	0	15	84	3	51	5	360	4	0	6	15
S'mores Mocha Smoothie	20oz	570	15	7	0	15	104	4	63	6	430	4	0	6	20



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Smoothies

<i>Smoothies include whipped cream toppings as specified in the recipe</i>															
Banana Amaretto Caramel Nut	12 oz.	340	6	3.5	0	20	68	3	37	1	200	4	150	6	0
Banana Amaretto Caramel Nut	16 oz.	500	8	4.5	0	25	102	4	62	2	360	6	190	8	0
Banana Amaretto Caramel Nut	20 oz	650	9	5	0	25	137	5	86	3	520	8	230	10	0
Banana	12 oz.	210	0.5	0.5	0	<5	51	4	17	0	15	0	190	2	0
Banana	16 oz.	300	0.5	0.5	0	<5	71	5	24	0	20	0	260	2	0
Banana	20 oz.	380	0.5	0.5	0	<5	92	7	31	0	25	0	340	2	0
Banana Split	12 oz.	320	7	4.5	0	15	65	4	40	1	60	4	210	4	2
Banana Split	16 oz.	440	7	5	0	15	91	5	57	2	65	6	310	4	4
Banana Split	20 oz.	530	8	6	0	15	114	7	72	2	75	6	390	4	4
Bananaberry	12 oz.	260	4.5	3	0	15	53	4	30	<1	40	4	190	2	2
Bananaberry	16 oz.	340	4.5	3	0	15	74	5	41	<1	45	4	260	4	4



Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Smoothies

Bananaberry	20 oz.	430	4.5	3	0	15	94	7	52	<1	50	4	340	4	4
Berry Berry	12 oz.	260	4.5	3	0	15	53	4	39	<1	40	6	190	4	4
Berry Berry	16 oz.	340	4.5	3	0	15	74	5	54	<1	40	8	260	4	6
Berry Berry	20 oz.	430	4.5	4	0	15	94	7	69	<1	45	10	340	4	8
Berry Xtraordinary	12 oz.	260	4.5	3	0	15	53	4	37	<1	40	4	190	2	4
Berry Xtraordinary	16 oz.	340	4.5	3	0	15	74	5	52	<1	45	4	260	4	6
Berry Xtraordinary	20 oz.	430	5	3	0	15	94	7	66	<1	50	4	340	4	8
Chocolate Peach Melba	12 oz.	290	5	3	0	15	62	5	43	<1	60	35	190	4	2
Chocolate Peach Melba	16 oz.	370	5	3	0	15	83	7	58	<1	70	60	260	4	2
Chocolate Peach Melba	20 oz	450	5	3	0	15	104	9	73	<1	80	70	340	4	4
Cocoberry	12 oz.	380	9	7	0	15	74	4	64	2	50	6	270	2	4
Cocoberry	16 oz.	510	11	9	0	15	104	6	89	3	55	8	380	4	6
Cocoberry	20 oz	650	12	10	0	15	134	8	115	4	66	10	500	4	8

Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Smoothies

Lemonade	12 oz.	260	4.5	3	0	15	53	0	32	<1	40	4	190	2	0
Lemonade	16 oz.	340	4.5	3	0	15	74	0	44	<1	45	4	260	4	0
Lemonade	20 oz	430	4.5	3	0	15	94	0	56	<1	50	4	340	4	0
Mango Passion Kiss	12 oz.	300	4.5	3	0	15	65	1	55	<1	40	30	220	6	0
Mango Passion Kiss	16 oz.	390	4.5	3	0	15	88	2	75	<1	50	35	300	8	0
Mango Passion Kiss	20 oz	490	4.5	3	0	15	113	2	96	<1	50	50	390	8	0
Mango-berry	12 oz.	300	4.5	3	0	15	64	2	51	<1	30	35	210	2	2
Mango-berry	16 oz.	400	4.5	3	0	15	89	3	72	<1	35	55	300	4	2
Mango-berry	20 oz	500	4.5	3	0	15	114	3	92	<1	35	70	380	4	2
Passion Fruit	12 oz.	240	4.5	3	0	15	51	0	49	<1	60	4	190	10	0
Passion Fruit	16 oz.	320	4.5	3	0	15	71	0	67	<1	70	4	260	14	0
Passion Fruit	20 oz	390	4.5	3	0	15	90	0	86	<1	80	4	340	15	0

Nutrient Amounts

Menu item	Serving size	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Smoothies

Simply Strawberry	12 oz.	260	4.5	3	0	15	53	4	42	<1	40	4	190	2	4
Simply Strawberry	16 oz.	340	4.5	3	0	15	44	5	57	<1	45	4	260	4	6
Simply Strawberry	20 oz	430	4.5	3	0	15	94	7	73	<1	50	4	340	4	8
Wildberry Potion	12 oz.	260	4.5	3	0	15	53	4	37	<1	40	4	190	2	4
Wildberry Potion	16 oz.	340	4.5	3	0	15	74	5	52	<1	45	4	260	4	6
Wildberry Potion	20 oz	430	4.5	3	0	15	94	7	66	<1	50	4	340	4	8

Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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Salads

Salads do not include dressing

Bombay Chicken & Roasted Pepper	1 salad	397	330	10	1	0	50	38	8	25	26	75	190	180	15	20
Chef's	1 salad	414	390	24	13	0	240	14	4	6	32	960	160	70	50	15
Chicken BLT	1 salad	344	410	25	10	0	110	8	2	5	38	1130	25	20	20	10
Chipotle Chicken	1 salad	329	300	16	7	0	75	16	4	4	27	510	160	50	30	15
Cobb	1 salad	347	420	25	8	0	220	17	8	3	34	880	130	60	20	15
Dijon	1 salad	306	150	6	1.5	0	5	20	7	5	8	260	230	25	15	10
Italian Chopped	1 salad	329	360	26	9	0	80	13	4	8	24	2010	145	60	30	20
Jazzman's	1 salad	295	80	2	0	0	0	14	5	5	4	150	180	60	8	10
Mexican	1 salad	381	470	28	9	0	85	24	8	4	33	830	150	70	30	20
Popcorn Chicken	1 salad	325	260	9	1.5	0	35	29	4	4	19	680	150	70	8	15
Roasted Chicken Caesar	1 salad	216	280	15	4	0	75	5	3	2	31	660	130	45	15	10
Spinach 'n Shrimp	1 salad	241	170	6	2	0	245	10	3	2	19	210	180	200	25	20
Spinach w/ Bleu Cheese & Grapes	1 salad	255	260	15	7	0	35	19	4	11	15	760	270	200	35	10
Spring Greens w/ Bleu Cheese	1 salad	339	260	14	8	0	30	21	7	4	15	840	180	35	35	15
Thai Peanut Noodle	1 salad	606	1230	31	6	0	60	184	12	18	56	1060	180	100	20	50

Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Sauce/Dressing Options

Chipotle Caesar Dressing	2 T	58	270	28	4.5	0	30	5	0	0	4	880	4	0	10	0
Cool Cucumber Dressing	2 T	30	70	7	1	0	5	1	0	0	0	190	0	0	0	0
Dijon Mayonnaise	2 T	28	140	15	2	0	5	<1	0	0	0	350	0	0	0	0
Dijon Vinaigrette	2 T	30	120	12	1.5	0	0	1	0	0	0	430	0	2	0	0
Guacamole	3 T	48	60	5	0.5	0	0	4	3	0	<1	90	2	8	2	2
Mayonnaise	1 T	14	100	11	1.5	0	5	<1	0	0	0	75	1	0	0	0
Pesto Mayonnaise	2 T	29	160	17	2.5	0	10	1	<1	0	1	145	10	2	4	2
Red Pepper Mayonnaise	2 T	26	150	16	2.5	0	5	1	0	0	0	125	4	2	0	2
Raspberry Vinaigrette	2 T	30	100	11	1.5	0	0	2	0	0	0	230	2	4	2	0
Salsa Vinaigrette	2 T	30	70	7	1	0	0	2	0	0	0	300	2	4	2	0
Southwest Salsa Mayonnaise	2 T	27	120	13	2	0	5	1	0	0	0	220	2	0	2	2



Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Sauce/Dressing Options

Ken's																
Balsamic Vinaigrette	2 T	30	110	12	1.5	0	0	1	0	1	0	280	0	0	0	0
Chunky Bleu Cheese	2 T	30	160	17	3.5	0	15	1	0	1	1	310	0	0	4	0
Dijon Horseradish	2 T	30	140	13	2	0	10	6	0	0	0	280	0	0	0	0
Golden Italian	2 T	30	140	14	2	0	0	2	0	2	0	290	0	0	0	0
Homestyle Ranch	2 T	30	100	11	1.5	0	10	1	0	0	0	290	0	0	2	0
Honey Mustard	2 T	30	130	11	1.5	0	15	7	0	6	0	210	0	0	0	0
Lite Italian	2 T	30	50	5	0.5	0	0	2	0	1	0	440	0	0	0	0
Lite Raspberry Vinaigrette	2 T	30	80	7	1	0	0	3	0	0	0	125	0	2	0	0
Northern Italian	2 T	30	130	14	2	0	0	1	0	0	0	340	2	6	2	0
Oriental Sesame	2 T	30	90	4.5	0.5	0	0	12	0	0	0	320	0	0	0	0
Parmesean & Pepper	2 T	30	170	16	2.5	0	10	2	0	1	1	310	0	0	2	0
Tableside Caesar	2 T	30	140	15	2.5	0	15	2	0	0	2	420	0	0	6	0
Thousand Island	2 T	30	130	13	2	0	15	4	0	3	0	300	0	0	0	0

Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Panini

<i>Paninis include dressings/spreads as specified in the recipe</i>																
Antipasto	1 item	266	500	27	10	0	75	37	3	5	30	2090	35	25	45	20
Baked Focaccia Club	1 item	302	640	21	10	0	80	71	3	5	40	2140	10	10	35	25
Italian	1 item	315	680	31	16	0	133	43	<1	3	54	2650	30	20	90	25
Pepperoni Pizza	1 item	226	730	43	18	1	105	39	<1	2	38	2050	15	10	45	25
Plum Tomato & Mozzarella	1 item	233	460	19	7	0	35	42	1	3	23	770	20	20	45	20
Roast Beef & Cheddar	1 item	295	640	30	14	0	110	41	<1	3	43	2040	30	15	45	30
Three Cheese & Roasted Pepper w/ Basil	1 item	236	580	27	12	0	50	46	3	6	29	1200	60	150	60	20
Turkey	1 item	212	550	13	1.5	0	25	75	2	14	24	1450	2	0	6	20



Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Sandwiches

<i>Sandwiches include dressings/spreads as specified in the recipe</i>																
Chicken Avocado Club	1 sandwich	404	740	19	4	0	80	98	5	32	41	900	15	20	6	30
Fresh Mozzarella & Tomato	1 sandwich	258	440	21	10	0	55	36	3	6	28	1000	45	20	70	15
Ham & Brie	1 sandwich	344	630	31	13	0	115	44	1	6	39	2260	50	30	15	25
Ham & Cheddar	1 sandwich	296	530	26	10	0	95	44	5	14	31	2040	35	30	25	20
Mediterranean Smoked Turkey	1 sandwich	372	600	19	3	0	40	75	4	6	32	2230	40	130	25	110
Reuben, Impressions	1 sandwich	281	640	38	14	0	100	43	3	6	30	2160	8	50	40	20
Roast Beef & Horseradish	1 sandwich	281	450	16	7	0	80	38	5	7	37	1800	35	15	30	25



Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Sandwiches

<i>Sandwiches include dressings/spreads as specified in the recipe</i>																
Roasted Chicken & Neufchatel w/	1 sandwich	267	360	22	7	0	115	10	2	3	31	910	80	80	10	15
Roasted Chicken w/ Guacamole on Focaccia	1 sandwich	235	270	13	2.5	0	90	12	4	3	28	710	30	30	6	15
Roasted Vegetable	1 sandwich	289	490	15	2	0	5	74	4	6	16	1060	90	55	10	110
Santa Fe Turkey	1 sandwich	197	410	29	9	0	100	8	<1	1	27	1450	15	2	30	6
Smoked Turkey BLT	1 sandwich	281	540	32	6	0	60	36	5	5	29	1870	15	15	20	15
Tuna Nicoise & Swiss	1 sandwich	261	530	31	9	0	50	39	5	5	25	1290	35	110	30	15
Tuna Salad	1 sandwich	308	800	60	13	0	75	37	5	5	30	1580	20	15	30	15
Turkey, Avocado Flatbread	1 sandwich	245	440	17	4	0	55	41	3	2	29	1440	30	6	15	10
Turkey Reuben, Impressions	1 sandwich	296	560	26	10	0	90	44	3	6	35	1830	8	15	50	15
Tuscany Chicken Ciabatta	1 sandwich	313	680	27	3.5	0	75	70	3	5	38	1390	25	15	4	110



Nutrient Amounts

Menu item	Serving size	Weight (gms/ml)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Chol (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV

Wraps

<i>Wraps include dressings/spreads as specified in the recipe</i>																
Beefeater's	1 wrap	331	700	30	13	0	95	60	2	3	43	2530	70	25	50	35
BBQ Chipotle Chicken	1 wrap	403	830	35	10	0	65	95	2	3	30	3010	30	10	40	20
Buffalo Chicken	1 wrap	407	810	42	12	0	75	74	2	4	32	3280	15	10	45	25
Chicken Caesar	1 wrap	372	960	62	12	0	120	60	2	1	43	2590	100	35	50	25
Cobb Salad	1 wrap	375	880	49	14	0	120	59	3	2	48	2490	15	15	40	25
Roasted Chicken, Apple, Blue Cheese	1 wrap	390	890	51	12	0	90	65	4	9	43	2020	70	25	40	30
Roasted Vegetable	1 wrap	381	750	40	13	0	60	70	2	13	26	1710	60	45	60	25
Southern Fried Chicken	1 wrap	358	750	36	10	0	70	73	2	3	31	2070	20	10	45	20
Turkey, Bacon	1 wrap	211	470	24	10	0	70	34	22	1	33	1700	10	20	40	8
Turkey Club	1 wrap	413	840	443	15	0	110	60	2	3	50	2350	25	10	60	20